

## Sumeru Bead

A mala / rosary would always have an extra bead (109<sup>th</sup>) as the extension to the row of beads, whose total number is usually 108. This 109<sup>th</sup> bead is called "Sumeru" or "Meru" or "Stupa" or the "Guru bead".

The sumeru bead of the rosary should never be passed while performing japa. It thus becomes a static point in these malas as it marks the beginning & end of the rosary. If you notice the entire mala with the sumeru resembles the form of a shivalingam with a jalhari.

The aspirant should start the mala at the first bead next to sumeru and should end on the last bead before sumeru.

For Japa purpose a sumeru bead is very necessary but for wearing a mala a sumeru bead is optional.

If the aspirant has to do the japa twice (or more), he should turn the rosary and make the last bead become the first bead for starting the second round, again take care one should not cross the sumeru bead.

Thus, without a sumeru performing effective & disciplined japa is not possible as you wouldn't know where exactly had you started & where do you have to stop, in other words you wouldn't know how many times the mantra has been chanted.

Possess the Power of Malas.....RudraBlessings